

Enrolment Form

If paying by cheque, each applicant should enrol on a separate form and return the form with payment by

MONDAY 9th September 2019

PLEASE PRINT CLEARLY

Name

Address

.....

.....

Post Code

Tel No.

Mobile No.

Email

Class No.	Class Name	Fee £
.....
.....
.....
.....

Total £

It helps us save postage costs if we email you rather than post a brochure. It also saves you postage if you enrol and pay online.

If you would be prepared to receive class details by email in future, please tick here []

Notes on Enrolment

Enrol and pay online at www.caceclasses.co.uk

or send the completed enrolment form with a cheque (not cash) made payable to CACE at:-

The CACE Enrolment Secretary,
Benvie Mill
Benvie
Dundee DD2 5LB

PLEASE NOTE

- Places are limited in many of the classes. We operate a 'first come, first served' policy so enrol early to secure a place and to help us know before the start of term whether classes have enough enrolments to be viable.
- Classes will not run if there are insufficient enrolments by the enrolment deadline.
- CACE does not return enrolment fees at the request of a member, except where the member requests a refund before the first class of term.
- You will only be contacted if a class is over-subscribed or cancelled, otherwise please attend the first session.
- CACE takes no responsibility for individuals, their actions or property on any CACE walks, visits or classes.
- Should any unforeseen changes occur, CACE reserves the right to amend the programme at any time.
- The minimum age for our classes is 16 years.
- Our Privacy Policy, explains the data we keep, why we keep it, who can use it and your rights under the General Data Protection Regulations (2018). For more details visit our website WWW.CACECLASSES.CO.UK

1. Book Circle (Third Monday of every month) £15 /yr
Residents' Social Room, Dorward Place, Longforgan.
Meets on the third Monday of every month. Phone Cath on 01382 580742 or Michael on 01382 360252.
See website for book list. Annual enrolment fee £15 (inc. refreshments) renewable in September.
Starts 16th September, 7:30 – 9:30 pm.

2. Chi-Kung (Monday) £30
Church of Scotland Hall, Invergowrie. Tutor: B. Styles
Includes standing and floor mat exercises similar to yoga, to strengthen and improve balance, relax the mind, improve posture and concentration. Wear loose clothing and bring a mat for floor exercises.
Starts 23rd September, 10:00 – 11:00am for 12 classes.

Tai Chi & Qigong
Church of Scotland Hall, Invergowrie. Tutor: B. Styles
Tai Chi & Qigong combine meditation with slow, simple standing movements and breathing to enhance the flow of your body's energy to help cure disease, increase strength and endurance and enhance spirituality.

3. Tai Chi & Qigong – Inter/Advanced (Monday) £30
For those with previous experience.
Starts 23rd September, 11:05am- 12:05pm for 12 classes.

4. Tai Chi & Qigong - Beginners (Monday) £30
No experience required.
Starts 23rd September, 12:10 - 1:10 pm for 12 classes

5. Therapeutic Art of Crochet (Monday) £50
Church of Scotland Hall, Invergowrie. Tutor: E. Fiddes
A course covering all crochet basics with scope for learners to work at own rate and progress to own project with expert tutor support if wished. Beginners will need a 3.5mm crochet hook and DK crochet cotton in a light colour.
Starts 23rd September, 7:00 - 9:00 pm for 11 classes.

6. Photo/ File Management for iPads (Mon 4th Nov) £5
The Meeting Room, Inchtute Church. Tutor: P. Roberts
Learn to manage documents & files. Take photos & screenshots, enlarge views, save & store so you can find everything again! Bring your iPad fully charged.
Monday 4th November, 7:00 - 9:00 pm.

7. Yoga - Morning (Tuesday) £45
Madoch Centre, St Madoes Tutor: A. Binnie
Wake up and stretch yourself out in this Hatha yoga class. Suitable for all ages and abilities.
If you are not sure this yoga class is for you, we can arrange for our tutor to contact you to discuss. Please contact CACE for further information.

Starts 17th September, 10:00 - 11:30 am for 12 classes
(Note – No class on 8 & 15th October)

8. Painting - Afternoon (Tuesday) £54
Church of Scotland Hall, Invergowrie. Tutor: D. Wood
From photos and sketches, the tutor will teach methods for creating a painting or drawing based on your chosen subject and help you find the most suitable medium to create your final piece. Bring your own art materials.
Starts 17th September, 2:00 - 4:00 pm for 12 classes.

9. Bridge (Tuesday) £36
Inchtute Village Hall. Tutor: H. Taylor
For those with a basic knowledge of bridge who would like to learn better card play and bidding. Please contact Morag on 01382 668129, if you are not sure if this class is of a suitable level for you.
Starts 17th September, 2:00 – 4:00 pm for 8 classes.

10. Scottish Country Dancing (Tuesday) £5
Errol Primary School. Tutor: L. Magill
The class is aimed at beginners and those wishing to brush up their dancing skills. Please note that a partner is not needed. Enrolment fee £5 plus £2.50 per night.
Starts 17th September, 7:30 - 9:30 pm for 10 classes.
(Note – No class on 8 & 15th October)

11. Carse Voices (Tuesday) £8
Errol Village Hall.
We are delighted to welcome highly acclaimed singer and musical director Christine Kydd back to Carse Voices. She specialises in Scottish Acapella singing. No audition required. Enrolment fee £8 plus £5 per week.
Starts 17th September, 7:30 - 9:30 pm for 10 classes.
(Note – No class on 8 & 15th October)

12. Painting - Morning (Wednesday) £54
Annat Hall, Rait. Tutor: L. Morrocco
Learn to draw and paint in a relaxed and friendly environment. Develop observational skills and experiment with different media. Class suitable for all. Students should bring their own art materials to the class.
Starts 18th September 10:45 am - 12:45 pm for 12 classes

13. Yoga - Evening (Wednesday) £45
Errol Primary School Tutor: A. Binnie
Feel the physical and mental benefits of yoga in this class which is suitable for both experienced and inexperienced in yoga. Bring mat and blanket.
If you are not sure this yoga class is for you, we can arrange for our tutor to contact you to discuss. Please contact CACE for further information.

Starts 18th September, 7:00 - 8:30 pm for 12 classes.
(Note – No class on 9 & 16th October)

14. Exploring the Carse (Wednesday) £28
The Scout Hall, St Madoes
Six talks on themes of interest in and around the Carse of Gowrie. See website for programme or ring Michael on 01382 360252 or Bill on 01382 581819 for further information.
Starts 2nd October, 7:00 - 9:00 pm for 6 classes.

15. Over 50s Ballet (Thursday) £30
Bullionfield Hall, Invergowrie. Tutor: C. Owen
It is known that ballet reverses the signs and feelings of ageing. Combining Alexander Technique and classical ballet the classes enhance your memory, flexibility, imagination, core strength and stamina. Wear clothes for moving and soft shoes or socks. No previous experience necessary. Dance gracefully with music, breathe and invigorate yourself.
Starts 19th September, 10:45 - 11:45 am for 12 classes

16. Spanish for Improvers (Thursday) £45
Church Hall, Longforgan. Tutor: V. Catalán
Learn to speak Spanish in a relaxed setting with a native Spanish speaker. The class is intended for those with some prior knowledge of the language. Ring Michael on 01382 360252 to discuss.
Starts 19th September, 6:45 - 8:15 pm for 12 classes.

17. Jewellery Making (Thursday) £54
Church Hall, Longforgan. Tutor: S. Falconer
Learn techniques to create your own unique pieces of jewellery. No experience necessary. Tools are available for use during classes. Other items e.g. beads, stringing, findings, etc. bring your own or purchase at the class for a small cost.
Starts 19th September, 7:00 - 9:00 pm for 12 classes.

18. Genealogy (Friday 1st Nov) £5

The Meeting Room Inchtute Church. Tutor: P. Roberts
Turn your family history into a lasting legacy. When a family tree is composed it becomes a permanent record of people's lives and experiences. We'll look at some of the many websites to help you search for ancestors, the software programs available to store the information and compose your family tree. Bring an iPad/ laptop fully charged.

Friday 1st November, 7:00 - 9:00 pm.

19. Flower Arranging (Friday) £18

Errol Village Hall Tutor: J Scholfield
Flower arranging with a Christmas theme.

Starts 15th November, 1:30 – 3:30pm for 4 Classes

Stained Glass Workshops

Church Hall, Longforgan. Tutor: L. Rowley
For beginners and experienced. Bring an A4 sketch pad, ruler & pencil with some idea of the design you wish to make. If leading, bring a board approx. 18" Sq. or A3 size with 4 battens or beads to nail around the sides to hold your work.

For workshop 2, please indicate on your application whether foiling or leading. This can be done on the 'Check out' page of website in the 'additional information' box to the right of your name. The lead strips are easily damaged so the tutor will bring only what is required. Coffee/tea provided, but bring a packed lunch.

20. Stained Glass Workshop 1 (Saturday 5th Oct) £38

This will be a 'Cutting' and 'Foiling' only class, with an opportunity to make a small panel using foil which you may then go on to 'Lead'

Saturday 5th October, 10:00 am - 5:00 pm.

21. Stained Glass Workshop 2 (Saturday 2nd Nov) £38

This will be a 'Cutting', 'Foiling' and 'Leading' class.

Saturday 2nd November, 10:00 am - 5:00 pm.

22. Stained Glass Workshop 3 (Saturday 23th Nov) £38

This will be a 'Cutting', 'Foiling' and 'Leading' class.

Saturday 23th November, 10:00 am - 5:00 pm.

23. Minibus Excursion (Saturday 26th Oct) £5

Visit to Stirling Castle. Leaving at 9.00am from the east end of the Carse with pickup points to suit passengers.

Entry cost £16 (Concession £12.80).

Enrolment £5 per person (bus only)

Saturday 26th October, 9:00 am.

24. Smartphones/ New Technology (Sat 2nd Nov) £5

The Meeting Room, Inchtute Church. Tutor: P. Roberts
Smartphones; iPhones, iOS; Android; Kindle, Desktops; Laptops; Notebooks; Tablets. Are they confusing you? Learn how to manage contacts, messages, mail & notifications; to browse, install and manage apps, security, settings & syncing.

Bring your iPhone/Smartphone to the class fully charged.

Saturday 2nd November, 10:00 - 12:00 noon.

Golf Tuition (Sunday) £40

GC Golf at Middlebank Golf Centre. Tutor: G. Couzens
Learn or improve your golfing skills with tuition by experienced PGA golf pro Gareth Couzens, using both the driving range and short game area. Balls provided.

Starts 15th September, for 6 classes (Choice of two times)

25. Golf One 1:45 – 2:45pm

26. Golf Two 3:00 – 4:00pm

27. Short Walks (First Sunday of every month) £6 /yr

Gentle walks up to 5 miles on the first Sunday of every month, meeting at 12 midday. Contact Muriel Anderson on 01382 360205 for programme.

Annual enrolment fee £6. (Renewable in September)

28. Long Walks (Third Sunday of every month) £7 /yr

Longer walks from 7 - 12 miles on the third Sunday of every month, normally meeting at 10:00 am.

Contact Rosemary on 01382 360252 or Margaret on 01821 642 774 for programme.

Annual enrolment fee £7. (Renewable in September).

Walk programmes include walks beyond the Carse area.

The Carse Association for Continuing Education (CACE), was founded in 1995. It is a non-profit making organisation run by a small group of volunteers.

Visit our website

www.caceclasses.co.uk

for further information on any class or call

01382 360252 or 01382 581819

Carse Association for Continuing Education



Autumn Term 2019

Highlights

Enhance your IT skills with our classes on:

Photo/ File Management for iPads and Smartphones/ New Technology.

Get started on your family tree!

Come along to our Genealogy class.

Fancy trying your hand at Stained Glass?

Due to popular demand, we have 3 Saturday Stained Glass workshops this term.

Join our minibus excursion to one of Scotland's most impressive and historic sites - Stirling Castle.

**Enrolment deadline
MONDAY 9th September 2019**